

**BREWSTER COUNCIL ON AGING**

# **BAYSIDE CHATTER**



**1673 Main Street, Brewster, MA 02631 • (508) 896-2737 • Fax (508) 896-7587**

Hours: 8:00am - 4:00pm Monday - Friday

*Denise Rego, Director*

*Robert Deloye, COA Board Chairperson*

*Marilyn Dearborn, FOBE President*

**MISSION STATEMENT:** *The mission of the Brewster Council on Aging is to enhance the dignity and well-being of Brewster Elders. The staff of the Council on Aging is always available to link our seniors to our services and give support.*

## ***YOU'RE INVITED TO ...***

### **A COMMUNITY FORUM ON THE PRESENT AND FUTURE NEEDS OF THE BREWSTER SENIOR CENTER**

**TUESDAY, SEPTEMBER 15<sup>TH</sup>**

**2:00PM OR 6:00PM**

**BREWSTER SENIOR CENTER  
1673 Main St., Brewster**

**Help us plan for the future.**

**Please call (508) 896-2737 to reserve  
your seat.**

***Refreshments will be served.***

## **STRENGTH FOR LIFE!**

**(A.K.A. BoomerFit)**

**Join us on Thursday mornings from 8:30 –  
9:30am as we get stronger and stronger!**

**This exercise group is led by Betsy LaMond  
from BoomerFit Cape Cod. A new 6-week  
session will begin on Thursday, September  
17<sup>th</sup>. Cost is \$36 for this session. We start  
and finish early so you still have your day  
to enjoy! Come by on the 17th and see how  
much fun getting fit and strong can be!  
Call Marilyn at (508) 896-2737 if you have  
any questions.**

## **LABOR DAY OBSERVANCE**

***The Senior Center will be closed on Monday, September 7th in  
honor of Labor Day. Have a happy and safe holiday weekend!***

## **GRANDPARENT'S DAY is**

**Sunday, September 13th! We wish all of you a very  
happy day in celebration of all that you do!**

## **F.O.B.E. ANNUAL MEETING**

**Wednesday, September 16th 1:00 PM  
Brewster COA, 1673 Main Street**

***All members of the Friends of Brewster Elders are invited to  
attend the Annual Meeting. The agenda will include:***

- ***Welcome by President Marilyn Dearborn***
- ***Treasurer's Report***
- ***A summary of this year's events/accomplishments and  
those scheduled in future months***
- ***Member suggestions/comments***
- ***Re-election of Board Members whose terms  
are expiring in 2015***

***Join us and learn more about what the Friends do for the  
COA. Refreshments will be served. See you there!!***



## **SPECIAL TOWN MEETING**

**WEDNESDAY, SEPTEMBER 2 7:00pm  
Stony Brook Elementary School**

**Your vote is your voice!**



### **TAKE A TRIP WITH JUNE!**

**Wednesday, Sept. 23<sup>rd</sup>  
TWIN RIVERS CASINO  
Lincoln, RI**

\$7.00 food voucher and

\$10.00 Free Bonus Play

\$27.00 per person

Bus pick-up at 8:15am

at the Harwich Commuter Parking Lot

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**Wednesday, November 4<sup>th</sup>  
NEWPORT PLAYHOUSE &  
CABARET RESTAURANT**

### **"REMEMBER ME"**

On the surface, it seems that Mary & Brian Hanson, a couple in their late forties, have what appears to be a very comfortable marriage and pride themselves on being best friends.

Though content, the marriage has grown tired. And then one morning while Brian is playing tennis, their lives are turned upside down when Mary's old college boyfriend, Peter, shows up... or does he?

\$69.00 per person

Bus pick-up at 8:45am

at the Harwich Commuter Parking Lot

For more information on either of these trips and/or to sign up, please contact June at: (508) 896-2737

### **TAX ABATEMENT INFORMATION**

***You may qualify for a substantial  
Real Estate Tax Abatement.  
Please call the Outreach office at the  
Brewster COA at  
(508) 896-2737.  
Applications are available now!***

## **FRAUDS & SCAMS**

**This month's article comes from a reader concerned about  
IRS telephone scams that he experienced firsthand:**

*He reported that initially the call seemed very official having a case number, the caller's IRS badge number, a telephone number from Washington, DC and a bunch of legal-speak. Shortly however, too many things just did not add up including the fact that agent "Kevin Johnson" had a heavy foreign accent. From what I've found on the internet a few hundred thousand people have reported this scam; many of them have become financial victims.*

*The reader included this website from the Motley Fool, a financial website and newsletter, which begins 'If you get a call from someone claiming to be the IRS, and you didn't receive an official letter beforehand, it's a scam. Further, if you get an email from the IRS, it's a scam' Here is that website - <http://www.fool.com/personal-finance/taxes/2015/04/15/beware-irs-phone-number-scams.aspx>*

If you have a personal experience, either by internet or telephone that others should know about, please send a brief summary to our FOBE account at:  
**[friends1673@comcast.net](mailto:friends1673@comcast.net)**

### **SEA CAPTAIN'S THRIFT SHOP**

Sea Captain's Thrift Shop is feeling real cool! Our fall and winter fashions are in. Please come in and say 'Hi!' and get the best picks.



We are located at 1671 Main Street, behind the Brewster COA and the Fire station.

Hours: 10:00am to 3:00pm Tuesday thru Saturday

Our telephone number is: (508) 896-8180

### **LOOKING FOR AN OPPORTUNITY TO VOLUNTEER?**



*access / service / advocacy*

The Massachusetts Money Management Program is a free service which promotes independent living by assisting income eligible seniors, aged sixty and older, who may be at risk of losing their independence due to their failure to pay rent, utility or other basic bills on time.

Volunteers are trained to provide in-home money management services to clients. Please call:

Marsha Whitaker, Program Manager at 508-394-4630, ext. 510 or email at: [marsha.whittaker@esci.org](mailto:marsha.whittaker@esci.org)



### **SHINE Notes!**

#### **Medicare's Open Enrollment Period is coming up from October 15 - December 7**

Call the Brewster COA at (508) 896-2737 to make your appointment with one of our THREE SHINE counselors beginning September 15th!

#### **MONDAY AFTERNOON FOBE MOVIES ARE BACK!!**

We will be showing movies the 2<sup>nd</sup> Monday of each month – if there is a Monday holiday we will show the movie on Tuesday – check your newsletter each month!



**"You've Got Mail" starring Tom Hanks & Meg Ryan**  
Monday, September 14<sup>th</sup> 1:00 pm

This sweet romantic movie focuses on the subject of "virtual dating". It revolves around the ability of two business owners, Kathleen & Joe to interact well over the internet while they are fierce competitors in the real world. Joe is heir to a big book superstore chain while Kathleen owns a small children's bookstore. While chatting online, they slowly fall in love. Come see what happens when they find out each other's identity! Rides can be provided if needed. Popcorn and a beverage will be served.

**Call today to sign up: (508) 896-2737**



*If you are caring for someone with Alzheimer's or other memory-impairment issues (or know someone who is), this new program could help!!*

#### **Alzheimer's Caregivers Support Group and Activity Group for People with Cognitive Impairment**

First Tuesday of every month 2:00pm - 3:30pm  
Brewster COA, 1673 Main St.

Facilitator: Dr. Molly Perdue, MS, Ph.D,  
Executive Director of Alzheimer's Family Support Center of Cape Cod.

Please call (508) 896-5170 for more information.  
Drop-ins are welcome!

### **W.O.W.**

Tuesdays: 10:00 - 11:30am Brewster COA, 1673 Main

W.O.W. (Wonderful Older Women) is a friendly group of women that review current events, talk about movies & books, give each other support & enjoy conversation. Come and join them!

#### **COMPUTER USERS GROUP**

Thursdays 1:00pm - 3:00pm  
Brewster COA, 1673 Main St.



September dates: 3, 10, 17, 24

Topics are solicited from program attendees at each meeting and discussed at subsequent meetings. Skill level is from beginner to intermediate. No need to sign up, just come and learn something new!

#### **BREWSTER MEN'S COFFEE CLUB**

THURSDAYS, 2:00pm - 4:00pm  
BREWSTER COA, 1673 MAIN ST.



The Brewster Men's Coffee Club will be meeting on the following Thursday afternoons in September at the Brewster COA: 3, 10, 17 & 24. We're always looking for new members as well as Guest Speakers. We welcome you to join us!



#### **ATTENTION CRIBBAGE PLAYERS**

Cribbage is moving to Wednesday afternoons from 1:00pm - 3:45pm

If you will be coming to play on any given Wednesday, please call Letitia by 5:00pm the Tuesday prior at (508) 896-5119 so that we will know how many folks to expect that day. If no one calls, then we will assume no one is coming and cribbage will be cancelled. Thank you!

#### **COMMUNITY INFO – VOLUNTEERS NEEDED!**

If you have some time on Saturday, September 26<sup>th</sup>, the American Lung Association is looking for "cheerleaders" to be at the Cape Cod Sea Camps when 500 cyclists complete day 2 of their 3-day Autumn Escape Bike Trek to support the American Lung Association. To register, go to [BikeTrekNewEngland.org](http://BikeTrekNewEngland.org); Autumn Escape Bike Trek; volunteer options or call Daniel Bowler at 401-533-5175. Thank you for your support!



## **MESSAGES FROM MARILYN**

Please note that the programs we offer here at the Brewster Council on Aging are simply for the information or enjoyment of those attending and in no way endorse or sponsor any provider or service. Those in attendance should understand that we do not assume any legal responsibility for the advice or services rendered by program providers.

**Just a reminder – the reason we ask you to call to reserve a seat for these programs is.....**

Many of our presenters travel a distance to our Council on Aging. If you do not call to reserve a seat, it appears that there is little or no interest in the program so we cancel it rather than have someone drive here for only one or two people.

**PLEASE REMEMBER TO CALL IF THERE IS A PROGRAM YOU ARE INTERESTED IN ATTENDING!**

### **COA PROGRAMS FOR SEPTEMBER...**

#### **AVOIDING FRAILTY THROUGH EXERCISE**

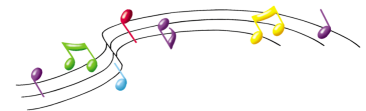
***Monday, September 21<sup>st</sup> 1:00 pm***



Frailty creeps up on you slowly with devastating results. The key to maintaining your current level of strength and stamina or even reversing what you have lost is exercise. You don't have to lift weights or run on a treadmill but you do need targeted mobility exercises. Betsy LaMond from Boomer Fit, who is the instructor for our Thursday morning exercise class, will be here to discuss the positive effects of exercising to halt and reverse aging and demonstrate simple exercises that keep you moving at any age. Sign up today by calling (508) 896-2737.

#### **VICTROLA SOCIETY – Lunch and Broadway Tunes**

***Monday, September 28<sup>th</sup> 12:00pm – Lunch/ 1:00 - Program***



Come join us for a sandwich and salad luncheon and then stay to hear this wonderful group present their program featuring Broadway tunes. The cost is only \$5.00 for a wonderful afternoon of entertainment. Tickets will be available in the COA Office beginning September 8<sup>th</sup> – stop by the office to purchase your ticket soon so you don't miss out on this wonderful program!

#### **POSSIBLE NEW PROGRAM: LINE DANCING FOR FUN AND FITNESS!!**

We are hoping to offer this new “fun” way to exercise starting in October. We are looking to have the class run from 8:45 - 9:45am. Not sure if this is something for you? Attend a “trial class” on Wednesday, September 30<sup>th</sup>. Cost is only \$4.00 if you sign up for a period of classes or \$6.00 if you only drop in. Come on by on the 30<sup>th</sup> and check it out!! Call (508) 896-2737 if you have any questions.



### **PLAN AHEAD**



#### **“A LEGAL CHECKUP” – Taking Control of Your Future**

***Monday, October 5<sup>th</sup> 1:00 PM***

#### **CELEBRATE NEW ENGLAND with Songs & Stories by David Bates**

***We will be serving a soup and salad lunch prior to the performance for \$3.00.***







***Monday, October 19<sup>th</sup> 12:00 pm***



#### **HOW TO REDUCE HEATING & COOLING COSTS by the Self Reliance Co-op**

***Monday, October 26<sup>th</sup> 1:00 PM***

# SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>1</b> 9:00am Yoga 9:00am Pedicare 10:00am W.O.W. 1:00pm Bridge/Poker 1:00pm SHINE 2:00pm Alzheimer's Caregivers Support Group	<b>2</b> 10:30am BINGO 10:45am Angelcare 11:30am Sight Loss/BLL 1:00pm Quilters 1:00pm Cribbage 7:00pm Duplicate Bridge	<b>3</b> 8:30am BoomerFit 10:00am SHINE 1:00pm Computer User's Group 2:00pm BMCC 5:00pm Evening Yoga	<b>4</b> 9:45am Young at Heart 10:30am BINGO 11:00am Bridge Lessons 1:00pm Duplicate Bridge 1:00pm Poker	
<b>7</b>  <b>HAPPY LABOR DAY</b> (The COA is closed)	<b>8</b> 9:00am Yoga 10:00am W.O.W. 1:00pm Bridge/Poker 1:00pm SHINE	<b>9</b> 10:00am Banking Asst. 10:30am BINGO 1:00pm Quilters 1:00pm Cribbage 7:00pm Duplicate Bridge	<b>10</b> 8:30am BoomerFit 10:00am SHINE 1:00pm Computer User's Group 2:00pm BMCC 5:00pm Evening Yoga	<b>11</b> 9:45am Young at Heart 10:30am BINGO 11:00am Bridge Lessons 1:00pm Duplicate Bridge 1:00pm Poker

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<b>14</b> <b>9:45am</b> Young at Heart	<b>15</b> <b>9:00am</b> Yoga <b>9:00am</b> BP/Glucose Testing & Health Counseling <b>10:00am</b> W.O.W. <b>1:00pm</b> Bridge/Poker <b>1:00pm</b> SHINE	<b>16</b> <b>9:00am</b> Computer Help <b>9:00am</b> Hearing <b>10:00am</b> Screenings <b>10:00am</b> Banking Asst. <b>10:30am</b> BINGO <b>10:45am</b> Angelcare <b>1:00pm</b> Quilters <b>1:00pm</b> Cribbage <b>7:00pm</b> Duplicate Bridge	<b>17</b> <b>8:00am</b> Pet Grooming <b>8:30am</b> BoomerFit <b>10:00am</b> SHINE <b>1:00pm</b> Financial Planning <b>1:00pm</b> Computer <b>2:00pm</b> User's Group <b>5:00pm</b> BMCC <b>Evening</b> Yoga	<b>18</b> <b>9:45am</b> Young at Heart <b>10:30am</b> BINGO <b>11:00am</b> Bridge Lessons <b>11:00am</b> Rep. Tim Whelan <b>1:00pm</b> Duplicate Bridge <b>1:00pm</b> Poker
<b>21</b> <b>9:45am</b> Young at Heart <b>1:00pm</b> <i>Seminar: Avoiding Frailty Through Exercise</i>	<b>22</b> <b>9:00am</b> Yoga <b>10:00am</b> W.O.W. <b>10:00am</b> BP/Glucose Testing & Health/BLL <b>1:00pm</b> Bridge/Poker <b>1:00pm</b> SHINE	<b>23</b> <b>9:00am</b> Computer Help <b>10:00am</b> Legal Help with Tom Kosman <b>10:30am</b> BINGO <b>1:00pm</b> Quilters <b>1:00pm</b> Cribbage <b>7:00pm</b> Duplicate Bridge	<b>24</b> <b>8:30am</b> BoomerFit <b>9:00am</b> SHINE <b>9:00am</b> Pedicare <b>1:00pm</b> Computer <b>2:00pm</b> User's Group <b>5:00pm</b> BMCC <b>Evening</b> Yoga	<b>25</b> <b>9:45am</b> Young at Heart <b>10:30am</b> BINGO <b>11:00am</b> Bridge Lessons <b>1:00pm</b> Duplicate Bridge <b>1:00pm</b> Poker
<b>28</b> <b>9:45am</b> Young at Heart <b>1:00pm</b> <i>Victrola Society Lunch &amp; Broadway Tunes</i>	<b>29</b> <b>9:00am</b> Yoga <b>10:00am</b> W.O.W. <b>1:00pm</b> Bridge/Poker <b>1:00pm</b> S.H.I.N.E. <b>1:00pm</b> Messages with Marilou	<b>30</b> <b>8:45am</b> <i>Line Dancing for Fun &amp; Fitness</i> <b>9:00am</b> Computer Help <b>10:30am</b> BINGO <b>1:00pm</b> Quilters <b>7:00pm</b> Duplicate Bridge		

Space Reserved For Advertisers

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:**ALZHEIMER'S CAREGIVERS SUPPORT GROUP & ACTIVITY GROUP for PEOPLE WITH COGNITIVE IMPAIRMENT**

1st Tues. of each month ~ 2:00-3:30pm. Dr. Molly Perdue, facilitator.

Drop-ins welcome. Call (508) 896-5170 for more information.

**ANGELCARE:** 1st & 3rd Wednesdays ~ 10:45am - 11:45am. A Support Program For Caregivers – If you're caring for someone who is chronically ill, aged or disabled...and would like some support...we're here for you.

**BANKING ASSISTANCE:** By appointment only: A representative from Cape Cod 5 will come on the **2nd & 3rd Weds.** starting at 10:00am to help seniors balance their checking accounts. Call (508) 896-2737 to reserve.

**BINGO:** Played every Wednesday and Friday from 10:30 - 11:30am.

**BLOOD PRESSURE & GLUCOSE TESTING:** 3rd Tues. of the month ~ 9:00 – 10:00am - on a drop-in basis. Any health-related questions can be asked at this time. Home visits available for those who are unable to get to the Senior Center due to health reasons. Provided by VNA of Cape Cod.

**BLOOD PRESSURE & GLUCOSE TESTING/HEALTH COUNSELING:**

4th Tuesday of the month at the **Brewster Ladies Library**, lower level.

10:00am – 2:00pm - On a drop-in basis. Provided by VNA of Cape Cod.

**BOOMERFIT** - 8:30am - 9:30am on Thursdays.

Energetic exercise program for more active adults. \$6.00 per session.

No need to sign up, just drop in and start feeling better!

**BREWSTER MEN'S COFFEE CLUB:** Thursdays ~ 2:00pm.

**BRIDGE (men's and women's):** Tuesdays ~ 1:00pm.

**BRIDGE LESSONS:** Fridays ~ 11:00am – 12:30pm ~ \$5.00 /activity per person – For those who want to improve their game : bidding, play of the hand, and defense is stressed. It's truly an "interactive" bridge session each week.

For more info, please see: <http://home.comcast.net/~judysgames/>

**COMPUTER HELP:** 1-hour appts. ~ Wednesdays ~ 9:00am – 12:00pm  
1-hour sessions are hands-on, one-on-one, and participants choose their own pace and area of interest. Beginning Wednesday, Sept. 16th

**COMPUTER USER'S GROUP:** Thursdays ~ 1:00pm. The first hour will be Q & A, followed by instructions on topics solicited from program participants of the day. All skill levels welcome. September: 3, 10, 17, 24

**CRIBBAGE:** Wednesdays ~ 1:00pm **NOTE: Please call Letitia no later than the day before at (508) 896-5119 if you will be coming.**

**DUPLICATE BRIDGE:** Wednesdays ~ 7:00pm.

**DUPLICATE BRIDGE:** Fridays ~ 1:00p.m. – \$5.00/activity per person - For any questions, please call Judy Murray at (508) 432-7097.

**FINANCIAL PLANNING:** 3rd Thursday ~ 1:00pm. By appointment only. A knowledgeable volunteer that answers questions and provides information concerning Long Term Care and Financial Planning.

Call (508) 896-2737

**HEARING SCREENINGS:** 3rd Wednesday ~ 9:00am. By appointment only. **FREE.** Includes ear inspections and hearing-aid checks if needed. Appointments are 15 minutes each. Call (508) 896-2737.

This month: Wednesday, September 16th

**LEGAL HELP:** 10:00am on the 4th Wednesday with Atty. Tom Kosman. 1/2-hour appointments. By appointment only: (508) 896-2737  
The attorney will answer your legal questions.

Free for the initial appointment.

**MASSAGE:** Marilou Raposa's schedule is the last Tuesday of the month beginning at 1:00pm. (30 minutes—\$15.00)

By appointment only: (508) 896-2737

**MEALS ON WHEELS:** Provided to each homebound elder who is unable to prepare nutritionally balanced meals.

Call Cindy Thatcher at (508) 896-5070.

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:

**OLD FASHIONED QUILTING BEE:** Wednesdays ~ 1:00pm. Fellow quilters bring in their quilting projects and enjoy the camaraderie of other quilters. Come join in with the 'Brewster Basters'!

**OUTREACH ASSISTANCE:** The Outreach Workers will answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc.

Please call (508) 896-2737 to make an appointment.

**PEDICARE:** 1st Tuesday & 4th Thursday of the month ~ 9:00am – 3:00pm (Diabetics must see a MD/Podiatrist). ½ hr. appointments - **\$29.00** home visit - **\$50.00** Please call (508) 896-2737 for appointment.

**PET GROOMING:** Buttons & Bows ~ 3rd Thursday of the month, nail clipping will take place for animals in a grooming van at the back of the COA, from **8:00am – 8:30am** for \$3.00, normally \$10.00. Stop by!

**POKER:** Tuesdays and Fridays ~ 12:30pm - 3:45pm.

**REP. TIM WHELAN:** 3rd Friday of the month from 11:00am - 12:00 noon  
Offered on a drop-in basis.

**SENIOR DINING:** Hot lunches are provided Monday through Friday at the C.O.A. Suggested donation is \$2.00 per meal. 24-hour notice required. Please call 508-896-5070 no later than 11:00am the day before. Come at 10:30am on Wednesdays and Fridays to play BINGO before lunch!

**SENIOR STRIDERS:** Mondays through Fridays throughout the school year. 6:30am - 7:15am AND 3:00pm - 5:00pm at Stony Brook Elementary School. Walking for Seniors! Please visit the Brewster Rec. Dept. at the Eddy Elementary School for more information and/or to sign up.

**SHINE:** Serving the Health Information Needs of Everyone  
Tuesdays ~ 1:00pm to 3:15pm with Debra Johnson, and Thursdays with Brenda Locke and Mary Rancourt. By appointment only. Highly-trained volunteer counselors help seniors and Medicare beneficiaries understand their rights and benefits. **FREE** appointments. **Call (508) 896-2737**  
**SIGHT LOSS GROUP:** September - June on the 1st Wednesday of each month ~ 11:30am - 1:00pm at the Brewster Ladies Library.

Call Sight Loss at (508) 394-3904 for more information.

**SWIMMING:** Brewster Green Pool ~ Fridays: 10:00am - 12:00pm.  
Because this is so popular, this is ONLY available for Brewster's senior (60+) residents. You ALSO need to have your current F.O.B.E. Membership Card for admittance. A donation of \$1.00 per swim is recommended and this is done by an Honor system. Stop by the COA on a monthly or quarterly basis to support this activity!

**PLEASE NOTE: SWIMMING ON HOLD UNTIL OCTOBER**

**TENNIS:** Mondays, Wednesdays & Fridays ~ 9:00am – 11:00am (Open play during winter months). Playing at the tennis courts off Underpass Road. Please call the Brewster Recreation Department at (508) 896-9430 for more information.

**W.O.W.: (Wonderful Older Women):** Tuesdays ~ 10:00am.

This friendly group of women review current events, talk about movies & books, give each other support & enjoy conversation. Stop by!

**YOGA:** ~ Tuesday mornings from 9:00am - 10:30am. Also Thursday evenings from 5:00 - 6:30pm - \$10 per class. Class uses breathing techniques as a foundation for exploring gentle & safe stretching.

**YOUNG AT HEART:** Mondays and Fridays ~ 9:45 - 10:45 am.  
10-week session/20 classes, for the cost of \$50.00. Strength training for seniors. PACE classes are friendly and a fun way to relieve arthritis symptoms and learn important strengthening exercises. Classes start out easy and help to build strength and coordination each week by using adjustable weights and stretch bands. This is a Cape-wide non-profit senior exercise program administered by the VNA of Cape Cod.

Call toll-free 1-800-631-3900 to register.

**A MESSAGE FROM DEE YEATER, R.N.  
PUBLIC HEALTH and WELLNESS NURSE OF VNA CAPE COD**

*Betty Hart, R.N. will take blood pressures on Tuesday, September 15th from 9:00am - 10:00am here at the Senior Center. In addition, glucose testing will be available.*

*Dee Yeater, R.N. will do home visits on Mondays.*



**September is “Fall Prevention Month”**

I was looking for a good September topic for the newsletter and Gina Kupski, Program Manager, VNA “Healthy Living Cape Cod”, reminded me that September 23<sup>rd</sup> is Fall Prevention week. So I am going to share some facts and tips from the Mayo Clinic Health letter and the Administration on Aging. The Mayo Clinic Health Letter states: “Fitness is a big part of successful aging and balance exercises are a key component of any older adult’s fitness routine.” A number of studies have shown that certain simple exercises can markedly improve your balance. You can do these anywhere as long as you have something steady to hold on to, such as a kitchen countertop or sturdy chair. Exercises might include shifting your weight from one foot to the other, standing on one foot, walking heel to toe, or purposely lifting your leg forward and holding it for a second as you walk ahead in a straight line. As your balance improves you can increase the challenge to your balance such as side leg raises while holding on to a chair.

**The Administration on Aging - 6 Steps to Prevent a Fall**

1. Balance and Exercise – Find a program you like and bring a friend. Your COA can help you find a program.
2. Speak with your Health Care Provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Review your medications regularly. Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.
4. Annual Vision and Hearing Check. Your eyes and ears are the key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make steps safe, and install grab bars in key areas.
6. Talk To Your Family Members. Enlist the support of family members in taking simple steps to stay safe. Falls are not just a senior’s issue.

Let’s have a safe Fall season!

Dee Yeater, RN Public Health Nurse.

*Mayo Clinic Health Letter, Volume 33, Number 4*

**COME JOIN US FOR LUNCH!**

Simply call Cindy in our Brewster COA Nutrition Center at (508) 896-5070 by 11:00am the day before and she will make sure your delicious, hot meal will be ready for you when you come the following day. Requested meal donation is \$2.00 and transportation can be arranged. We welcome you to join us!

**‘Brewster Bayside Chatter’ Online**

The ‘Brewster Bayside Chatter’ is available online each month and can be found on our website at: [www.brewster-ma.gov](http://www.brewster-ma.gov). Search under ‘Departments’ and select ‘Council on Aging’. Scroll down to where it reads: ‘our newsletters are available online’ and click on the link! Happy reading!



## Sightings from the Poop Deck



***“Reflect upon your present blessings, of which every man has plenty,  
not on your past misfortunes of which all men have some.”***

***Charles Dickens***

Today is July 30, 2015, and Joanie Carfora and I are once again in Panama City, Panama, for our oldest grandson Alex' wedding this coming Saturday. 2015 has been a whirlwind of a year filled with all the good things in our lives. Back on March 5, we were here to celebrate the birth of our first great grandchild, a beautiful little girl. In June we were back for our granddaughter Christina's wedding, the most beautiful wedding I have ever had the privilege of attending, not including my own, of course. (Joan is standing behind me, so I'm protecting myself!) Those of you who are of Italian heritage will caution me about someone giving us the evil eye for our good fortune, or as they say in Italy, “*malocchio*”. I, however, am not worried about malocchio, since I have already had my share of bad things happen to me this year.

First off, my truck looks like the product of the demolition derby. I have no one to blame but myself. You see, I don't hit other vehicles, just other objects which always seem to be in the wrong place while I am backing up, e.g., trees, posts, buildings, etc. Unfortunately for me as well as my truck, my copilot is usually with me shaking her head and going on about women drivers being superior to men. I, however, am quick to remind her of the time she closed the garage door while the car was not completely in the garage. I was behind the wheel, but she pushed the button. You tell me who was at fault?

Continuing with “When Bad Things Happen to Good People” (Rabbi Harold Kushner) I have had more than my share of bad hair days. Should anyone attempt to give me the evil eye, they should know that I will be wearing my horn ( “Corno”) illustrated above. I remember when my grandmother used to diagnose someone who thought they had been afflicted, she would perform the following ritual: “ Have them drop three drops of olive oil in a bowl filled with water and placed on top of their head. If the oil forms the shape of an eye, the victim has indeed received the malocchio. As the oil separates from the water, make the sign of the cross and say, ‘In the Name of the Father, the Son and the Holy Spirit.’” She would get mad as hell when I mimicked her and threatened not to perform the ritual when I was inflicted....scared me!

Anyhow, I have rambled, but when all is said and done, I have been truly blessed this year and I am thankful. After all, I have Joanie Carfora on my side...sometimes!

Peter R. Scheffer (“Life is Good!”) Indeed!!

*poop deck, n., a deck above a ship's main afterdeck.*

### **DISCLAIMER:**

*The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, Friends of Brewster Elders (aka F.O.B.E.) or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.*

### **BHT - BOSTON HOSPITAL TRANSPORTATION**

Enjoy comfortable and safe transportation from Cape Cod  
DIRECT to Boston hospitals  
on a wheelchair accessible van.

#### **MONDAY thru FRIDAY SCHEDULE**

7:30a.m. Orleans (Shaw's)  
7:45a.m. Harwich (Route 124 Commuter Lot)  
8:00a.m. Barnstable (Route 132 Commuter Lot)  
8:15a.m. Sagamore (Rotary Commuter Lot)

#### **RESERVATIONS are a MUST!!!**

(Reserve no later than 11a.m. the day before)

**\$35.00 Round Trip/\$15.00 One-way**

Cash or Checks (Payable to CCRTA) accepted

For reservations call **1-800-352-7155**

Monday – Friday: 8:00a.m. – 5:00p.m.

Schedule your medical appointments between 10am & 2pm.

The van will leave Boston by 3pm.

Visit the website for more information: [www.capecodrta.org](http://www.capecodrta.org)

### **TRANSPORTATION INFORMATION**

#### **COA VAN** – Scheduled trips include:

Monday–Friday to nutrition site and home after lunch at NO COST.  
Grocery Shopping in Orleans: Tuesdays and Thursdays from 11a.m. - 1pm.  
Post office, banking & pharmacy trips: Mondays, Wednesdays and Fridays  
Last Monday of the month is a trip to Hyannis for shopping from 11am to 2pm  
(reserved seats only - - - **2-person minimum**). No Hyannis trips in summer.  
We need a **three-day advance reservation** and the round-trip suggested  
fare is **\$2.00** for this wheelchair-accessible bus.

**MEDICAL APPOINTMENTS** – Volunteer drivers are available for  
transportation to medical appointments in their personal cars. Please call the  
COA at (508) 896-2737 as soon as you make an appointment or **at least**  
**four business days** in advance so that we can find a volunteer to provide  
your ride. Please notify the COA if you cannot keep your appointment so we  
can notify our drivers. Make sure your house number is visible from the road.  
Thank you for your cooperation.

**WHEELCHAIR-ACCESSIBLE MEDICAL VAN** – Transportation to  
medical appointments is provided on a volunteer basis, Monday through  
Friday. **A one-week advanced reservation is required.** There is a  
graduated fee schedule, depending upon the destination. Call for more  
information at (508) 896-2737.

***All medical rides are made possible thru Title III funding, Elder Services  
of Cape Cod & The Islands, Inc., and the donations of our riders.***

### **DART - DIAL-A-RIDE Service:**

CCRTA provides daily (demand response) service that is wheelchair accessible, door-to-door, ride by appointment, transportation service. This service is available to all Cape Cod residents for any purpose. **DART** service is available Monday through Friday in all towns from 7am to 7pm, and on Saturdays from 9am to 7pm as well as on Sundays from 9am to 1pm in most towns. **To schedule a ride, please call: (800) 352-7155.**

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# ELDER NUTRITION PROGRAM

Barnstable County

**SEPTEMBER 2015**



## Reservations & Cancellations

must be made two days in advance.

*Menu subject to change without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Thank you for your voluntary donation of \$2.00 per meal towards actual cost of \$8.00.</i></p>	<p><b>1</b></p> <p>Cheese Lasagna with Marinara Sauce</p> <p>Spinach</p> <p>Wheat Bread 165mg</p> <p>Btrscotch Pud 260mg</p> <p>236 cal; 495mg sodium</p>	<p><b>2</b></p> <p>Latin-Style Pork Loin with Gravy</p> <p>Plantains</p> <p>Carrots</p> <p>Italian Bread 190mg</p> <p>Fresh Fruit 2mg</p> <p>449 cal; 139mg sodium</p>	<p><b>3</b></p> <p>BBQ Chicken</p> <p>Candied Yams</p> <p>Broccoli</p> <p>Wheat Bread 165mg</p> <p>Gata Cookie 120mg</p> <p>339 cal; 730mg sodium*</p>	<p><b>4</b></p> <p>Fish Sticks</p> <p>Baked Beans</p> <p>Mixed Vegetables</p> <p>Tartar Sauce 130mg</p> <p>Wheat Roll 58mg</p> <p>Fresh Fruit 2mg</p> <p>392 cal; 430mg sodium</p>
<p><b>7 SITES CLOSED</b></p> 	<p><b>8</b></p> <p>Cheeseburger</p> <p>Corn</p> <p>Green Beans</p> <p>Ketchup 80mg</p> <p>Burger Bun 190mg</p> <p>Ch Chip Cookie 75mg</p> <p>349 cal; 439mg sodium</p>	<p><b>9</b></p> <p>Pasta &amp; Meatballs with Marinara Sauce</p> <p>Italian Blend Veg.</p> <p>Italian Bread 190mg</p> <p>Fresh Fruit 2mg</p> <p>323 cal; 351mg sodium</p>	<p><b>10</b></p> <p>Roast Pork with Gravy</p> <p>Mash. Sweet Potato</p> <p>Capri Blend Veg.</p> <p>Rye Bread 300mg</p> <p>Fresh Fruit 2mg</p> <p>383 cal; 305mg sodium</p>	<p><b>11</b></p> <p>Chicken Cacciatore</p> <p>Pasta</p> <p>Broccoli</p> <p>Wheat Roll 58mg</p> <p>Fresh Fruit 2mg</p> <p>346 cal; 537mg sodium</p>
<p><b>Labor Day</b></p>				
<p><b>14</b></p> <p>Salmon with Dill Sauce</p> <p>Yellow Rice</p> <p>Green Beans</p> <p>Wheat Bread 165mg</p> <p>Mixed Fruit 10mg</p> <p>269 cal; 269mg sodium</p>	<p><b>15</b></p> <p>Hot Dog</p> <p>Sweet Pot. Wedges</p> <p>Mixed Vegetables</p> <p>Mustard 40mg</p> <p>Hot Dog Roll 190mg</p> <p>Fresh Fruit 2mg</p> <p>372 cal; 690mg sodium</p>	<p><b>16 COLD PLATE</b></p> <p>Turkey &amp; Cheese w/ Lettuce &amp; Tomato</p> <p>Carrot Raisin Slaw</p> <p>Mayo/Mustard 95mg</p> <p>Burger Bun 190mg</p> <p>Brownie 85mg</p> <p>197 cal; 693mg sodium</p>	<p><b>17</b></p> <p>Cheese Tortellini with Meat Sauce</p> <p>Corn</p> <p>California Blend Veg.</p> <p>Wheat Roll 58mg</p> <p>Choc Pudding 190mg</p> <p>269 cal; 195mg sodium</p>	<p><b>18</b></p> <p>Lemon-Pepper Pork</p> <p>Brown Rice &amp; Beans</p> <p>Capri Blend Veg.</p> <p>Rye Bread 300mg</p> <p>Fresh Fruit 2mg</p> <p>348 cal; 308mg sodium</p>
<p><b>21</b></p> <p>Rosemary Chicken</p> <p>Red Potatoes</p> <p>Green Beans</p> <p>Muffin 190mg</p> <p>Mixed Fruit 10mg</p> <p>308 cal; 361mg sodium</p>	<p><b>22</b></p> <p>Crispy Fish</p> <p>Sweet Pot. Wedges</p> <p>Italian Blend Veg.</p> <p>Tartar Sauce 130mg</p> <p>Wheat Bread 165mg</p> <p>Btrscotch Pud 260mg</p> <p>377 cal; 417mg sodium</p>	<p><b>23</b></p> <p>Salisbury Steak with Mushroom Gravy</p> <p>White Rice</p> <p>Carrots</p> <p>Wheat Roll 58mg</p> <p>Fresh Fruit 2mg</p> <p>310 cal; 330mg sodium</p>	<p><b>24</b></p> <p>Roast Turkey with Mushroom Sauce</p> <p>Whipped Potato</p> <p>California Blend Veg.</p> <p>Wheat Bread 165mg</p> <p>Oatmeal Cookie 80mg</p> <p>286 cal; 603mg sodium</p>	<p><b>25</b></p> <p>Chicken Piccata</p> <p>Pasta</p> <p>Capri Blend Veg.</p> <p>Italian Bread 190mg</p> <p>Fresh Fruit 2mg</p> <p>454 cal; 722mg sodium*</p>
<p><b>28</b></p> <p>BBQ Pulled Pork</p> <p>Rice &amp; Chick Peas</p> <p>Spinach</p> <p>Corn Bread 210mg</p> <p>Diced Pears 10mg</p> <p>417 cal; 545mg sodium</p>	<p><b>29</b></p> <p>Chicken &amp; Broccoli Alfredo</p> <p>Pasta</p> <p>Capri Blend Veg.</p> <p>Italian Bread 190mg</p> <p>Fresh Fruit 2mg</p> <p>480 cal; 630mg sodium</p>	<p><b>30</b></p> <p>Salmon with Dill Sauce</p> <p>Potato Wedges</p> <p>California Blend Veg.</p> <p>Wheat Bread 165mg</p> <p>Birthday Cake 246mg</p> <p>260 cal; 613mg sodium</p>	<p>Total calories &amp; sodium are for the ENTRÉE ONLY (protein, starch, &amp; veg). Margarine &amp; 1% milk are served with meals &amp; contribute 145mg sodium. Sodium in bread &amp; desserts is noted next to each item.</p> <p>*indicates entrée with 700mg sodium or more.</p>	